



# The Tribune Institute

In the World of Women



## WHEN MADAME GOES MARKETING IN CHINATOWN

Prices Are Astonishingly Low and the Food Is Usually Above Sanitary Reproach.



Many Strange and Savory Delicacies May Be Bought to Vary American Menus.

By JEANNETTE YOUNG NORTON.

**W**OMEN in search of novelty should take a marketing trip through Chinatown. A wise introduction to the experience is a dinner or luncheon at one of the Chinese restaurants in order to see and taste what the Chinamen cook, and how they do it.

The information given in answer to questions asked as to how the dishes are concocted may be meagre, for the Chinese are an uncommunicative race and their "pidgin English" is difficult to grasp.

But keep your eyes open, and if you have a keen palate and some small knowledge of cooking much may be learned.

The first requisite for marketing is a market basket. There are no deliveries from Chinatown, so every woman must be democratic enough to carry her own basket. The baskets are to be had from nearly all of the shops; they are squat, round affairs with red handles and splint bottom and cost about a dollar.

fried and curled around bamboo splints, which hangs like a fringe along the length of line.

The pans contain imported shrimp, shelled and sugar cured, shelled and dried, or simply salted in the shell. Several kegs of odd Chinese workmanship usually stand against the wall and contain the so-called "dragon's blood," the sauce condiment which is used to flavor many of the Chinese dishes. It is the Chinese Worcestershire sauce.

Chinese rice wine fills some of the kegs, while sweet and sour pickles fill others.

**PIGS AND CHICKENS IN CHINATOWN.**

The pig surely comes into its own in the Chinese market, for it is the meat *par excellence*. One, roasted whole, hangs in every shop; pieces of the porker are cut to suit the purchasers, and when used it is replaced at once by a fresh one from the meat bakery just around the corner. On the chopping blocks there is a supply of fresh pork products the year around. These sell at the lowest market prices.

There is generally a crate of chickens somewhere about, in the cellar or back yard, for the more extravagant buyers, and herein lies a gamble for the inexperienced. The Chinese, being a prudent sort of people, reason that if a chicken shows less vigor than its mates, or impending illness seems about to overtake it, it should be killed first to prevent the loss, the argument being: "Chicken die 'byrne'bye anyhow, so kill now." If the marketer is intending to buy chicken let her demand a live selection and an execution in sight.

This need not prejudice people against buying in Chinatown, for cleanliness prevails among foodstuffs. If the purchaser uses care in selection and lets it be well understood that "the 'chow' must be very good and clean" she will have no difficulty.



Balcony of a Chinese Restaurant.

**INSIDE A CHINESE MARKET.**

The shops are small and generally overcrowded with wares. But few counters are used, the goods being dispensed from deep pans, boxes, baskets and bins. The windows are devoted to the display of all the fresh greens, which are piled almost to the top, so that they exclude most of the daylight, making the interiors gloomy and greswome in appearance.

The scuffling of the shopkeeper's heelless slippers as he moves about filling the order sounds a weird note in the gloom. In summer the green things are raised on Long Island farms; in winter on farms located in the Carolinas.

The bins are filled with dried edibles, such as fish, mushrooms, water chestnuts, tulip and lily bulbs and various kinds of vegetables. Swinging from lines suspended from overhead are quantities of dried, smoked duck, which is considered a great delicacy. There are also dried flying fish; and bacon, thinly sliced,

**SOME CHINESE CONDIMENTS.**

A great deal of horseradish is used by Chinese cooks and large quantities of it are sold by the shops. Green peppers, garlic and turnips are very popular; ginger root is prepared in numerous ways, and takes the place of pepper in many Chinese dishes. The sweets may be summed up in a word: they are few in number. Sticks of sugar cane, rice cakes and rice candy, seaweed cakes, preserved, sugared and dried fruits, ginger and flag root complete the list. The one cake flavoring consists of some odd little sweet-tasting seeds for which there seems to be no good American name.

Right in the centre of nearly every store and occupying a goodly portion of space is an upright post with two hoops fastened a little ways from the top by bamboo thongs. On the hoops are hundreds of little candles, no larger than lead pencils, made of fat and then dipped in lard and put on the hoops to dry and harden. They are intended for use in the joss houses

and are shipped from New York all over the United States.

But it is among the vegetables that the marketer's interest is centred, and question follows question, despite the look of superior tolerance for foreign curiosity upon the stoic faces of the salesmen. Sweet mustard resembles the outside of our own cauliflower, the stems succulent and tipped with yellow blossoms, while the heart is solid. It is cooked by pulling the leaves apart and washing carefully, then boiling in water which must be changed three times; the sweet mustard is then ready to cook with meat.

Elephants' trunks might pose as the ancestors of the American beet, and are cooked in the same way. Instead of being sold by the bunch or quart, one buys them by the pound. One large trunk suffices for a good sized family.

Bean sprouts are used in suety of all kinds. They look like large potato or onion sprouts and cost six cents a pound. Bamboo sprouts are a delicacy and are only served to the elect, as they are very scarce. But ordinary people may get them canned at twenty-five cents a can, and these are quite as good as the fresh.

A peculiar lettuce, fantastically headed up, has an unpronounceable name and an unhappy taste; it is used by the natives to boil with dried fish. The sweet pickled onions are justly famous, for they are better than anything of the kind we can find in America. Tulip and lily bulbs, pared and eaten with garlic and salt, make a popular Chinese appetizer. They are also added to a special brown sauce for meat, but it is safe to say that after a taste most Americans would rather leave the bulbs with nature and enjoy the blossoms.

**THE UBIQUITOUS WATER CHESTNUT.**

Water chestnuts, pared and sliced, are a delicacy addition to any salad. They sell for sixteen cents a pound. Perhaps the Chinese cabbage is the most delicious of any of the vegetables. It heads up close, after the fashion of romaine salad, and is white and tender, even to the heart's core, having a peculiarly delicate flavor, much more delicate than our own cabbage. It makes a dainty dish boiled and creamed; or it is excellent in a salad with sliced red peppers, water chestnuts and French dressing. The cabbage sells at ten cents a pound.

Rice replaces bread to a great extent with these people, and cheese is an unknown commodity in Chinatown. Noodles are an every-

day dish; quantities of them are consumed—yet none are to be seen on sale in Chinatown. It was a mystery just where they came from until within a stone's throw of Doyers Street the source was discovered—a most wonderful noodle factory.

**WHERE CLEAN NOODLES ARE MADE.**

Presided over by Chinamen, boss and laborers, in a place so clean that one might eat from the floor without repugnance, the noodles were being made by modern, power-driven machinery in complete obedience to the best sanitary code. The noodles, fresh cut, were in boxes for immediate use; dried and packed in boxes, like macaroni, were ready for delivery to Chinese customers all over this continent. Practically all the Chinese noodles eaten are made at this plant.

One lesson this modern factory taught was the elimination of all waste of flour. Instead of using a sifter on the large sheets of paste as they were rolled for the cutting machine, each man had a small bag of flour which he lightly patted the surface, so not a grain went to waste. Not a bad idea to adopt and use in our own kitchens if much pastry is made.

It is safe to say that five dollars would buy enough stuff in Chinatown to fill a two-wheeled pushcart, especially if one added to the purchases a green, cloudy pumpkin, used as a boiled vegetable, a few gourds for frying, and the cucumbers that are a half yard or more long.

**MARKETING ETIQUETTE.**

It is perfectly safe for a woman to go marketing in Chinatown, and the experience is novel, for the children of Chinatown alone are worth a trip to see.

But remember, if you go marketing in Chinatown you lose caste—according to Chinese ethics!

No "number one American lady" should do her own marketing, but send her grocery order by her cook. To go to market herself is to fall to a "number two American lady." For her to go to market in China would be a still greater breach, for there the mistress is supposed to enter her kitchen but once a month to see that her sanitary rules are being lived up to, and, incidentally, attend the burning of dishcloths, which Chinamen refuse to wash.

But, regardless of caste, the American woman insists upon "clean chow." If to secure it she must go to market herself she will, heedless of the mythical stigma of custom or the fact that she cannot vote.

### HOUSEHOLD PREPAREDNESS

By LELIA MUNSELL.

**Y**OU have more leisure than any other housekeeper I ever knew. How do you manage?"

This is a question that has been asked me more than once.

Being of an honest turn of mind I do not attempt to deny the accusation. I believe I have more leisure than the average housekeeper, not because I slight my work, but because I have learned how to manage.

It was not always thus. As a young housekeeper I was woefully behind with my work. I grew tired of my chronic inefficiency and sought and found a remedy. With the hope of helping other housekeepers to achieve a larger measure of success I venture to set forth some of my methods.

I believe in preparedness. "Sufficient unto the day is the evil thereof" is the creed of the inefficient housekeeper.

I do everything possible at night in preparation for the next morning's work. I lay my fire ready to light, slice my bacon, grease my muffin pans, or work together the dry ingredients for my biscuit. If I am to bake a cake I grease the cake pans and measure out the dry ingredients for the cake. In short, I never leave till morning what can be done at night.

The average housekeeper usually finds herself in the morning in the position of Caesar when unexpectedly attacked in one of his Gallic campaigns. "Everything had to be done at once," he wrotes.

My method avoids this confusion and enables me to get my morning's work out of the way early. It actually takes less time to do these small preparatory jobs at night, because there are fewer interruptions. But even if it took as long, it would pay, because a half-hour saved in the morning is worth an hour at night.

the burden of my work. I am not rushed at one time and almost idle at another.

In the same way I equalize the week's routine. I do not iron, bake, scrub and sweep on the same day, but proportion the heavy jobs among the six days. And I never go to sleep at night without planning in detail just what I expect to accomplish the next day.

My plain sewing, such as aprons, underwear, house dresses, I manage in the same way. When work is slack I cut out such as will be needed in the next six months; then, as opportunity or inclination dictates, I make them up. Much of sewing, if cut and ready, may be done when some one runs in unexpectedly to spend the afternoon. It will not detract from the pleasure of the visit.

**A WELL-TRAINED FAMILY.**

I have trained my family to pick up after themselves. They put their soiled clothes in the hamper; they hang up coats and hats. The children have a place for their school-books and keep them there, and they all have their small duties to perform.

They do these things willingly, not because they are natural born little paragons, but because they have been made to see the reasonableness of it. I have said to them: "I have only one pair of hands; I have only the strength of one woman. If I attempt to do all these little things that you should do, I have neither time nor energy left to share your good times with you or to make or plan more good times for you."

And even this habit had to be strengthened by constant watchfulness on my part till right habits were formed. It was "Line upon line, precept upon precept, here a little and there a little." But the fact that they have been so trained adds greatly to the family comfort and enjoyment, as well as to my personal leisure.

**HOUSEKEEPING PRINCIPLES.**

Back of all my management are a few principles to which I adhere strictly:

1. I make my head save my heels.
2. I never stand when I can sit or walk when I can reach.
3. I do the essential things first. Those out of the way, I can, if it seems desirable, let a few essentials slip without violation to my conscience or injury to my family.
4. I always try to do everything right the first time. Then I never have to do it over.
5. I strive to work carefully and neatly, so that I do not have the extra task of cleaning up after myself.
6. I take a day off every once in a while. It pays. It saves me from getting nervous, and I can do my work better and more easily.

Working along these lines I take care of a ten-room house and a family of four, do all the housework but the washing, and all the sewing but an occasional best gown, and have from four or five hours' real leisure each day, to be devoted to real living.

### HOUSEWIVES—ATTENTION!

**O**NE week from now, Monday and Tuesday, October 16 and 17, you may if you will examine the work of The Tribune Institute and ask any questions you please of the experts who will be in charge of our exhibit at the New York Electrical Show in the Grand Central Palace.

In The Tribune Institute laboratory, on the mezzanine floor, will be exhibited kitchen utensils that have been tested and approved by the Institute. More than this, you can see them in use and find out how they are made. If you are interested in the construction of vacuum cleaners, electric dish washing machines, electric irons and cooking utensils, our engineering expert, Mr. DeWitt V. Weed, jr., will show you just how they run and why they do their work efficiently.

There will be four electric ranges in the laboratory, and meals so planned as to demonstrate the capacity and efficiency of each range will be cooked by Miss Jenoise Brown, our domestic science expert. In preparing these meals she will use all manner of kitchen utensils and devices and will explain their efficiency, economy and adaptability to various uses.

Here is a chance to find out at first hand what The Tribune Institute offers to the housewife.

Come and see it for yourselves!

### TWO RECIPES FROM BOMBAY

By J. B. FANTON.

**O**NE of the favorite dishes "over on the Bombay side" is chicken or mutton curry, which is invariably made much hotter than could be endured in a temperate climate.

The effect of the East Indian climate upon Europeans is partially evidenced in the proverbial craving of the Anglo-Indian for dishes that, according to our more temperate tastes, would be tolerable only to an interior lined with asbestos. Therefore, these old East Indian recipes, which were brought to America thirty years ago by the wife of an officer in the civil service then on furlough, have been adapted somewhat to the American palate. In the case of the curry, one-third of the amount ordinarily used in India is specified and, even at that, it is quite fiery enough for the normal taste. But if you want the dish to be right, on no account omit the grated fresh coconut. Its distinctive flavor depends on this.

**BOMBAY CURRY.**

2 cups of chicken or lamb cut in small pieces.	1 cup of light cream or new milk.
1 cup of stock.	½ cup coconut grated.
2 slices of onion.	½ teaspoonful of salt.
1 tablespoonful of butter.	1 tablespoonful of best Oriental curry powder.

Fry the onion in the butter until it is a light brown. Add the stock and one cup of water. When it is hot add the meat. This should be entirely freed from fat and cut into small pieces, not chopped. Add the salt and cream and meat all together. When boiling hot, stir in the curry powder and grated coconut. Serve immediately with rice cooked in the Indian fashion. This is

much the same as the Southern method of cooking rice and means simply that a cupful of rice is put into three or four quarts of actively boiling salted water and is kept boiling hard and steadily for about twenty minutes. This makes the rice light and dry, instead of soggy, and preserves the shape and separateness of the grains.

In India the dish is served in a soup bowl, the curry being poured over the rice and a spoonful of the chutney placed on the top.

The chutney in India is made of mangoes, but as these are rare and expensive in this country, it has been found possible to substitute either sour green apples or hard, ripe tomatoes for the tropical fruit, without impairing the distinctive excellence of the relish.

**OLD BOMBAY RECIPE FOR CHUTNEY.**

1 peck of ripe tomatoes	1 quart best cider vinegar.
4 pounds of sour green apples peeled and sliced.	1 ounce small red peppers (chillis).
1 pound seeded Muscatel raisins.	6 ounces salt.
2 pounds seedless Sultana raisins.	4 ounces mustard seed (white).
8 pounds sugar.	6 ounces green ginger scraped.

Place the tomatoes or apples in a large open vessel; sprinkle with the salt, let stand overnight. In the morning strain off the water and boil the fruit in one pint of vinegar until tender. In another vessel place the sugar and one pint of vinegar; boil until it becomes a syrup, then add the Muscatels whole, the ginger, peppers, small raisins minced or cut up fine and the mustard seed. Boil all together for twenty minutes. When the fruit and syrup are cold mix them thoroughly. Bottle, seal and let the bottles stand in the sun for several days.

### WHEN GRAPES ARE RIPE

By VIRGINIA CARTER LEE.

**T**HE fruit of the vine is the thing to conjure with just now; both taking the "grape cure" at home with the fresh fruit and packing away all we can for winter use. In the following tested recipes will be found many excellent ways of preserving this luscious fruit for use when "the snow flies."

**GRAPE JUICE (UNFERMENTED).**

This popular beverage can be easily made at home and the cost of the homemade article is very slight. Wash and pick over ripe Concord grapes, rejecting any soft or imperfect ones. Put in the preserving kettle with very little water, just enough to prevent burning, and cook slowly until the skins break. Mash while they are cooking to extract the juice. Cook slowly for about three-quarters of an hour and then turn into a coarse jelly bag to drain. Do not press or squeeze or the finished product will be cloudy. Have in readiness clean, sterilized bottles with the patent china or metal tops. If you do not have these, be sure that the corks are new and soak them first in cold water, so that they can be pressed tightly in. Measure the drained juice and to each quart allow a scant quarter of a pound of sugar. Reheat the juice to the boiling point and cook steadily for half an hour, carefully removing the scum as it rises. Add the sugar, that has been heated in the oven for five minutes, turn into the bottles and seal immediately.

If preferred, the grape juice can be canned without the addition of sugar, and glass jars may be used in place of the bottles. Do not put the jars or bottles in a place where there is any danger of freezing, but store in a cool, dry closet. While Concord grapes are to be preferred, other varieties may be used.

**GRAPE APPLES.**

Put one pint of fresh grape juice and one cupful of sugar into a saucepan and let it come to a boil. Pare and core six small apples, leaving them whole, and simmer them in the grape juice syrup until tender, but not broken. Place the apples in glass sauce dishes, boil down the syrup until thick and pour over the fruit. Chill and serve with sweetened whipped cream.

**WILD GRAPE MARMALADE.**

Take the wild green grapes, cut open with a sharp knife and remove the skins and seeds. Allow one pound of sugar for each pound of

fruit. Put the grapes into a preserving kettle with a very little water and cook for twenty minutes; then add the heated sugar and simmer gently until a few drops poured out on a cold saucer retain their shape. Remove at once and pour into jelly tumblers. Seal as for the grape and orange jam. A broken stick of cinnamon may be cooked with the grapes if the flavor is liked.

**TAPIOCA GRAPE PUDDING.**

Prepare five cupfuls of thick grape sauce by cooking pulp and skins separately and then straining out the seeds. Put the combined pulp and skins in a saucepan with a half cupful of instant tapioca, a cupful of sugar, a pinch of salt and the juice of one lemon. Cook slowly until the tapioca is clear and well thickened. Cool, chill on the ice, and just before serving fold in the stiffly whipped whites of two eggs. Serve with cream.

**GRAPE RELISH.**

Pick from the stems seven pounds of grapes, rather underripe, and separate the pulp from the skins. Put the skins in a preserving kettle with just enough water to prevent scorching and simmer slowly. Put the pulp in another kettle and cook until the seeds loosen. Press the pulp through a sieve, add to the skins with half a pint of vinegar, two pounds of sugar and a teaspoonful each of ground cloves, allspice and cinnamon. Boil until thick. This is delicious with roasts and game.

**GRAPE CATSUP.**

Wash and stem tart grapes. Cook until tender and rub through a colander. To every three pounds of pulp allow one pound of brown sugar, one cupful of vinegar, a heaping teaspoonful each of ground cinnamon, allspice, mace, salt and pepper and half a teaspoonful of whole cloves. Cook, stirring frequently, until quite thick and it is reduced to about half the original quantity. Bottle and cork when cold.

**GRAPE AND ORANGE JAM.**

To six pounds of grapes allow two pounds of raisins, four pounds of sugar and four oranges. Cut off the thin yellow rind of the oranges and chop finely with the seeded raisins. Pulp the grapes and cook until soft enough to rub through a colander; then add the raisins, orange peel, fruit juice and sugar and simmer gently until of the consistency of jam. Stir frequently to prevent scorching, turn into glasses and cover the next day with paraffin.